

Pasta and Veg!

June 3, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Easy mid-week recipes are the best! But just because it is easy doesn't mean it can't be great. Pasta is literally the easiest and quickest to cook and the sauces are endless. From red sauces to white creamy sauces, to oil sauces ...the options are endless. But today I'm going to show you how to create a sauce right in your pan and if you add your own little twist you are now the creator of your own sauce! Let's get cooking!

Serves: 6 Total cook time: 45 minutes

- 1 box of fusilli pasta or any pasta from the pantry
- 1(28-oz.) can diced tomatoes or fresh tomato
- 2 cups chicken broth or water or water infused with veg or chicken bouillon
- 1/2 medium-size yellow onion, sliced
- 4 garlic cloves small dice
- 1 teaspoon dried oregano
- 1/3 cup firmly packed fresh basil leaves
- Salt and pepper
- 1/2 tspn red chili flakes - optional
- 1 tbspn olive oil
- 1 (6-oz.) package baby spinach
- Freshly grated Parmesan cheese

In a large skillet on medium heat , place a little oil in pan and let get hot. Add in garlic, onion and saute for 3 minutes (add chili flakes if desired). Don't let garlic burn as it will become bitter. Add in tomatoes or canned tomatoes, cover and cook for about 10 minutes. While that is happening, follow cooking directions according to pasta box (depending what you have it will take anywhere from 7 to 8 minutes) Make sure to season your water with salt.

Now reduce heat to medium-low and add spinach to tomatoes and stir. If you like a creamier sauce you can add in 1 cup of heavy cream. Let it come to a simmer and taste. Season with salt and pepper . Add in fresh basil after you add in cream or, if not using cream, add in basil and stir.

TIP: This dish goes really well with shrimp! Add the shrimp in with the cream and let cook about 5 to 6 minutes. Sauce will simmer and shrimp will cook.

Strain pasta and stir well to incorporate all flavors, let the pasta combine with the sauce about 2 – 3 minutes. Don't forget to top off with a little parmesan if you have it. You can also swap out spinach for broccoli florets or asparagus tips or peppers any veg you may have works well. Serve hot and enjoy!